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One man (going) hungry for justice

- Unemployed Jenkintown artist R.J. Smith says he will go 30 days without food
- His reasons, like Occupy Philly's, vary
- Include big banks, legal weed {page 02}

RICARD LARMA/METRO

▶ Smith began his hunger strike at 5 p.m. Sunday after a hearty plate of rice and beans. The vegetarian says his fiancee checks in constantly.

Books

For health advice, Trust Ozzy

The Prince of Darkness has gone from barking at the moon to helping you with your well-being issues {page 16}

With the girls of 'New Girl'

Zooey Deschanel is 'adorkable' on new show, but you need to meet her creator, too {pages 12-13}

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Sacrificing food for love of country, pot

Occupied Philly protester takes hunger strike approach ● He'll live off water, cigarettes while camping out at City Hall ● For as long as he can

RIKARD LARMA/METRO

▶ Smith, a vegetarian, says he's done research on hunger strikes and that he has a solid 30 to 35 days before it could get dangerous.

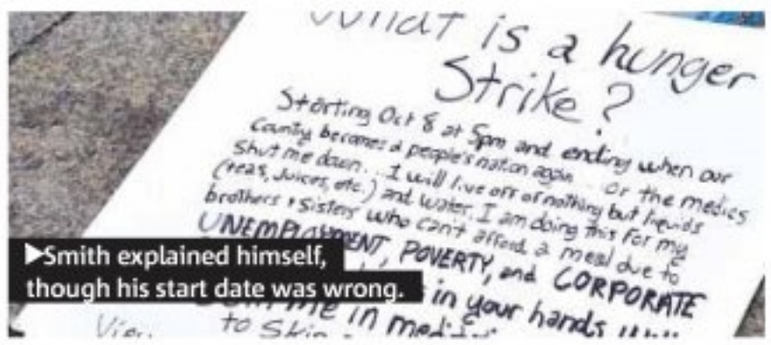
Self-identified Buddhist and artist R.J. Smith is on a hunger strike at Occupy Philly's encampment. But that doesn't mean the 26-year-old vegetarian was not tempted when a man sat next to him Sunday night and chowed down on a Subway meatball sandwich.

"I don't know if he was trying to be mean, but really?" Smith said yesterday as he sat barefooted on a woven blanket surrounded by signs explaining his purpose.

Smith, a Jenkintown native, started the hunger strike Sunday at 5 p.m. to protest corporate greed and the war on drugs. "I'm a huge fan of Gandhi," he added. Smith plans to exist on water and tea for 30 days, or until a medic deems his fast unsafe.

Smith's agenda, like that of Occupy Philly, is somewhat unfocused. "It's no longer the nation of we the people. It's the nation of we the businesses," he said. He also railed against the illegality of marijuana. "It would be a great source of government revenue. I wouldn't mind spending $2 extra for pot instead of going to jail."

Inspired by Eastern religion and nonviolent protests, Smith hopes his action will draw attention to his issues, though he refused to stand up for a local television interview. "Gandhi never stood in his interviews," he said.

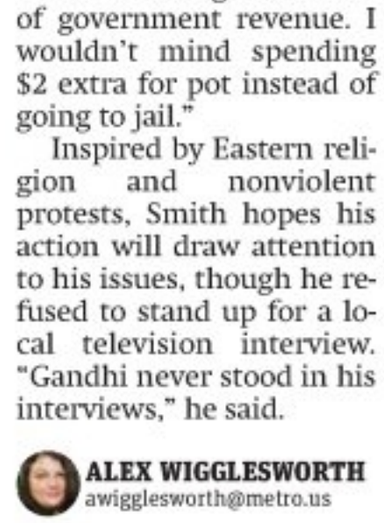

What is a hunger Strike?
Starting Oct 8 at 5pm and ending when our
Country becomes a people's nation again
Shut me down... I will live off of nothing but liquids
(teas, Juices, etc.) and Water. I am doing this for my
brothers + Sisters who can't afford a meal due to
UNEMPLOYMENT, POVERTY, and CORPORATE
in your hands .....

▶ Smith explained himself, though his start date was wrong.

New name

Occupy Philly organizers hope to soon decide on a name for their City Hall encampment. A poll was posted on the group's Facebook page around 4:30 p.m. yesterday asking members to weigh in.

- **"We are excited about naming what has really become its own community,"** said outreach coordinator Steve Ross. "The tent city has grown so much that soon, we're going to need our own address system."
- **As of 8 p.m. yesterday, 242 people had voted in the poll.** The front-runner was by far The People's Plaza, with 171 votes. Other suggestions included Intent city, Valley Forge, Camp Liberty and Liberty City.



ALEX WIGGLESWORTH
awigglesworth@metro.us

'Creating dialogue'

Jennifer Smith, 31, a teaching assistant and mother of two, camped out the first two nights and left Saturday, but before she left, she described her inspiration for showing up as a "need to move away from the machine where a CEO gets a raise and 600 middle-management are laid off."

"If nothing, it is a way to create dialogue," Smith said, adding that she'd return this weekend to camp out again. "[Occupy Philadelphia] never would have happened if there weren't these problems, and any change begins with people talking."

METRO/YD

In the news

Mexican bull rider dies

A professional bull rider was trampled to death Sunday during a rodeo in southern New Jersey. Rigoberto Flores, 24, aka "The Wanderer of Izucar Matamoros, Puebla," was thrown and crushed in front of a crowd of 700 to 800. He died at a Vineland hospital. METRO/AW

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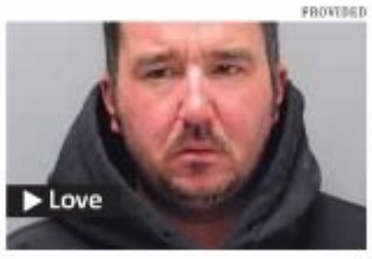

▶ Love

Cops: Scrawl costs robber

DELAWARE. A would-be bank robber may be richer today had he paid more attention in penmanship class during his grammar school years, according to state police.

Thomas J. Love, 40, allegedly entered the WSFS Bank in New Castle on Saturday afternoon and presented a demand note written on a deposit slip. The teller could not decipher Love's writing, so she handed it back and asked him to rewrite the note legibly.

Love fled the bank on foot empty-handed. He was arrested in the area by New Castle police and charged with second-degree attempted robbery.

METRO/AW

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Neighbors' spat ends in murder

Delco cops allege elderly man fired on neighbor and two others Man dead, daughter in critical condition

A Ridley Township man was killed and his stepdaughter critically injured after an elderly neighbor opened fire on them yesterday in the culmination of a months-long feud over backyard construction.

Police arrived to a home on the 900 block of Sylvania Avenue around 6 a.m. to find Scott Robins, 42, lying in his front yard with multiple gunshot wounds. His stepdaughter, 23-year-old Kristen Snow, was shot in the abdomen, said Lt. Scott Willoughby of the Ridley Township Police.

Robins told police before he died that neighbor James DellaVecchia, 72, waited outside Robins' home and shot him as he left for work. Snow ran outside when she heard the gunshots and was subsequently hit.

.40
Caliber of the Luger handgun allegedly used by DellaVecchia to shoot his neighbors and a friend helping with a construction project.

Robins' co-worker, Richard Wallace, crawled under his van to avoid the hail of bullets. He told police that, as he ran from the scene, DellaVecchia continued to shoot at him.

DellaVecchia was arrested, but taken to Crozer after police say he intentionally slammed his head against the cell door while in custody. He is charged with first degree murder and two counts of attempted murder.

DellaVecchia and Robins had been feuding through the summer about construction in Robins' backyard, which butts up against DellaVecchia's property, Willoughby said.

ALEX WIGGLESWORTH
awigglesworth@metro.us

RICARD LARMA/METRO

Center City. Traffic 'experiment'

▶ Downtown officials hope less lanes won't clog traffic and will open streetside opportunities.

JFK, Market shrunk for two weeks

What fun things could you put along Market Street and JFK Boulevard if you eliminated a lane on the wide thoroughfares just west of City Hall in Center City and widened the sidewalk areas? That's what leaders with the city and Center City District want to find out, and they've closed the leftmost lanes of both stretches for two weeks starting yesterday to see if it's feasible.

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Recovery is slow, but it's no recession

The U.S. has likely dodged a recession for now, even though it's too early to sound the all-clear for the economy.

A string of stronger-than-projected statistics — capped by the news on Friday of a 103,000 rise in payrolls last month — has prompted economists at Goldman Sachs Group Inc. and Macroeconomic Advisers to raise their growth forecasts for third quarter growth to 2.5 percent from about 2 percent. That's nearly double the second quarter's 1.3 percent rate and would be the fastest growth in a year.

"The U.S. economy doesn't look like it's double-dipping at all," said Allen Sinai, president of Decision Economics Inc. "But it is a crummy recovery."

"We can skirt a recession, but if headlines worsen in Europe ... it could lead to a loss of confidence here."
RUPKEY

That recovery still faces what economist Chris Rupkey in New York calls "a lot of headwinds." These range from the sovereign-debt crisis in the euro zone — and increasing likelihood of a recession there — to political gridlock in the U.S. over the budget. **BLOOMBERG**

MAHMUD HAMS/AFP PHOTO/GETTY IMAGES

Egypt. Protest

▶ An Egyptian woman mourns over the coffins of Coptic Christians killed during clashes with security forces.

Christians vent fury

Egypt's Coptic Christians turned their fury against the army yesterday after at least 25 people were killed when troops broke up a protest, deepening public doubts about the military's ability to steer the country peacefully toward democracy. **REUTERS**

Al-Qaeda wing confirms death of US-born cleric

REUTERS

▶ Al-Awlaki

Al-Qaeda's Yemen-based wing confirmed yesterday the death of U.S.-born militant cleric Anwar al-Awlaki, who it warned had trained a new generation of followers to carry out his mission against the West.

The United States said it killed Awlaki in a CIA drone attack in Yemen at the end of September.

Al-Awlaki, al-Qaeda in the Arabian Peninsula's most high-profile member, was considered an influential international recruiter to al-Qaeda and responsible for planning attacks against the United States. **REUTERS**

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New iPhone not bowing to critics

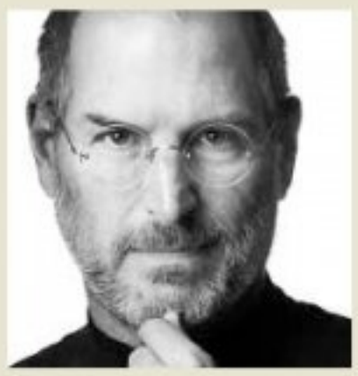
Million-plus preorders put doubt to initial poor reviews Has Steve Jobs given Apple one last gift?

More than a million people placed early orders on Friday for Apple Inc.'s latest iPhone, the last product that the company debuted before the death of its co-founder Steve Jobs.

Orders for the iPhone 4S, which will appear on store shelves this Friday, surpassed Apple's previous one-day record of 600,000 sales for the iPhone 4, pushing the company's shares up 4.3 percent to $385.50 on the Nasdaq stock market.

The new phone disappointed some fans last week, but it is proving to be a bigger draw because more telephone companies are carrying it and it will appear in more countries, analysts said. REUTERS

The Jobs factor?



CUPERTINO. Another big factor may be Jobs. Massive outpourings of grief and sympathy over his death last Wednesday, along with testaments to his genius and status as a visionary business leader in the media and by Apple product users online may have spurred sales.

"Many potential Apple customers, who have been on the fences before, will probably now want to [buy] it," said Steven Osinski, a marketing professor. REUTERS

REUTERS

Design. Apple

▶ Jonathan Mak admitted he was not the first to come up with the design that fits Jobs' silhouette into the Apple.

Tribute theft: Unoriginal

A Hong Kong design student's tribute to Steve Jobs that generated a buzz in cyberspace following the death of the co-founder of Apple last week is not original, the teenager said yesterday, after comments surfaced on Twitter that a U.K.-based designer created the original design in May. REUTERS

Netflix going back to basics

NEW YORK. Netflix Inc. Chief Executive Reed Hastings reversed an unpopular decision to separate his company's DVD rental business and online video streaming service, sending the stock up 7 percent in early trading. U.S. customers will continue to go to Netflix.com for streaming and DVD-by-mail rentals, as the company has dropped plans to move its DVD rentals to a separate business called Qwikster, Hastings announced. REUTERS

60%

Hastings' earlier plan to put movie and television DVD rentals on a different website is one more that has helped drive shares down about 60 percent since July.

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Optimists are just poorly informed pessimists?

Human brains are hard-wired to be optimistic, even in the face of evidence to suggest the opposite, scientists have discovered.

In a study published this week, neuroimaging experts from England's University College London found that people with an "optimism bias" can ignore any potential negative news and information.

"Optimists are very selective in how they process information," says study leader Dr. Tali Sharot.

Nineteen individuals were asked to estimate the probability of 80 negative events such as divorce or cancer happening to them in the future. Scientists measured their brain activity while volunteers were lying in a MRI scanner. The individuals were then told the average probability of the different events occurring, and asked to do new estimations.

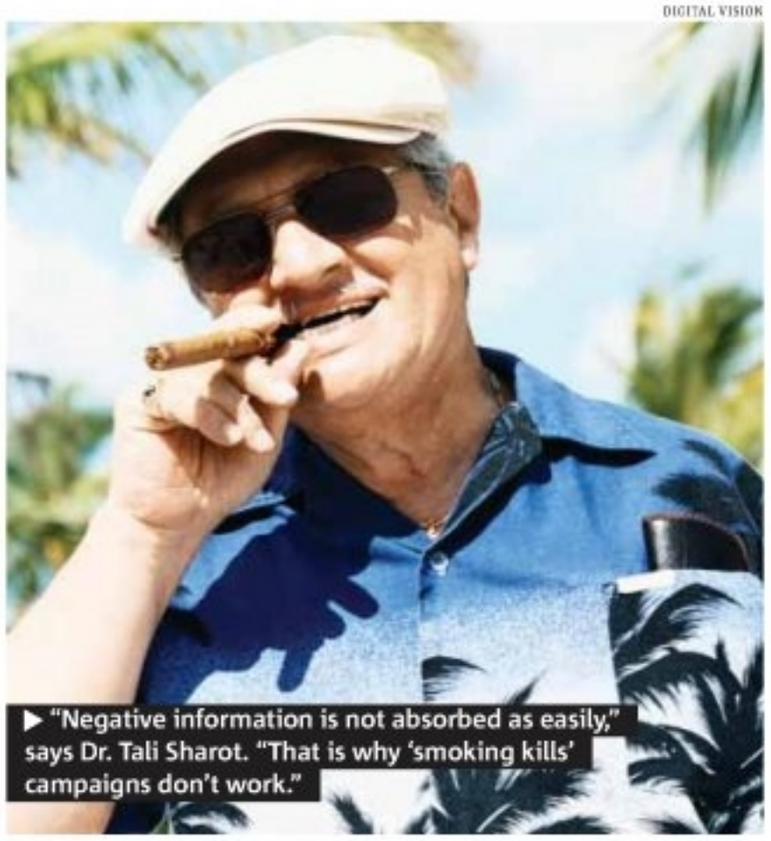
Researchers found the volunteers did large updates if the information was better than expected. If the data was negative however, it was almost ignored.

Quoted

"People with an optimist bias tended to survive and procreate."
SHARLOT

KARIN WASTESON
letters@metro.us
METRO WORLD NEWS IN LONDON

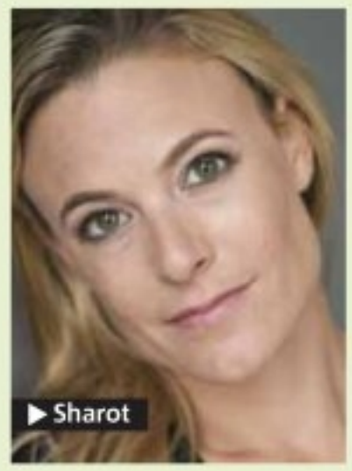
DIGITAL VISION



▶ "Negative information is not absorbed as easily," says Dr. Tali Sharot. "That is why 'smoking kills' campaigns don't work."

60 seconds with ...

'LINK BETWEEN HIGH IQ AND OPTIMISM'



▶ Sharot

Dr. Tali Sharot, faculty of brain sciences at University College London and lead researcher of the study

Does this mean optimists are less intelligent?
No, not at all. Actually studies have shown there is a correlation between high IQ and optimism. Optimists usually get better outcomes, achieve more and are more successful in the army, sports, academia.

Is there anything negative about being positive?
Yes, there are negative consequences, such as not buying medical insurance, for example. But the benefits of being an optimist outweigh the negatives.

Are certain nationalities more optimistic than others?
No, there's no differences. In Britain. people have an idea of themselves as being realistic and pessimistic, but this is not true. In America, it's seen as a good thing being optimistic; but at the end of the day we're all human and very similar.

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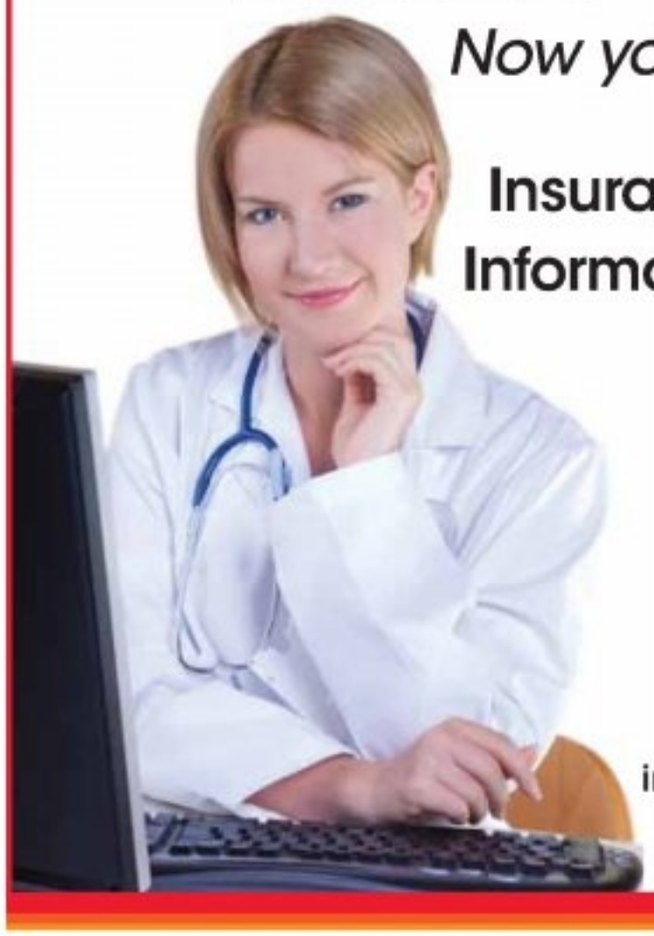

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myentertainment

2

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Kelly Osbourne sleeps very carefully, Simon Pegg is thinking about how his brain works, Cher is relaxing with some friends, and Steve Martin enjoys a higher standard.

▶ **@MissKellyO:** i have no idea how i did it but somehow woke up with my make up still prefect from last night! guess thats 1 thing

▶ **@simonpegg:** Do we download certain info to the active parts of our brain each day post sleep? Every morning I get excited about the existence of coffee.

▶ **@Cher:** Meantime I'm having big Girl party at my house! 7girls ! Eat'n Hysterically Laughing! Then downstairs 2 theatre watched Agora & played xbox

▶ **@SteveMartin ToGo:** "Protesters pepper sprayed" phooey. Actually, in finer restaurants in New York, "pepper milled."

WWW.METRO.US/WORD
DOROTHY ROBINSON'S WORD BLOG

Hollywood needs more like Melissa McCarthy

Melissa McCarthy gets my vote as the most awesome thing to come out of 2011.

Not only did the "Mike and Molly" star steal the show in "Bridesmaids," she also showed "Saturday Night Live" hosts (past and present) a thing or two when she brought her A-game to the show two weeks ago. And now she's turning her many talents to fashion, not to gain more fame (a la **the Kardashians**) but because she knows how lacking clothing options are for plus-size women. McCarthy — who designed the dress she wore to the Emmys after she was unable to find something that worked for her — has now decided to do something about it and design her own fashion line.

Melissa McCarthy and her Emmy in the dress she designed herself for the award's show.

"I just want people to wear it and feel good about themselves," she tells Us Weekly. As for who would be wearing her items? "I haven't thought about anyone else but me. It's just a lame way to get clothes I want," she jokes. McCarthy studied fashion before turning to stand-up.

Seriously, this makes me so happy. In a world where so many "celebrities" get fame and fortune because of how they look and not because of their talent, it's great to see someone use their abilities and healthy body image for good.

Talking points

Prince Harry takes on the US

Prince Harry has been in California less than a week, and he's already turned heads on two separate outings, according to People magazine. First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals. "He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine. "A couple of girls wanted to take pictures but they said no." Harry and about 20 friends then hit a rooftop lounge.

▶ Kelly Rowland

Rowland's 'little nuggets'

Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK. "The decision was 10 years in the making, so I'm comfortable talking about it," she says. "It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

O'Donnell gay-dar was off

Rosie O'Donnell admits that when it came to her new girlfriend, **Michelle Rounds**, her powers of perception weren't quite what they used to be. "I thought she was a 28-year-old heterosexual girl, because that's what she looked like to me. And she's a 40-year-old gay woman," O'Donnell tells Nightline. "My gay-dar was way off!" But the mistake was likely for the best, the talk-show host admits. "I think if I had known that she was gay, I wouldn't have been brave enough to talk to her," she says.

Solo says being nude is no match for 'DWTS'

"Dancing with the Stars" contestant **Hope Solo** went totally nude for the cover of ESPN The Magazine's Body Issue. But the soccer star says being in the buff on the cover of a national magazine is no match for the dancing competition.

"There's no question!" she confided to us while at ESPN's annual Body Party in NYC on Thursday. "I am confident in my body. I am confident in my athletic frame and I take pride in that. It's what brings me success. Dancing, I have no experience in. I'm not very good at it."

And when it comes to other bodies she admires, teammate **Carli Lloyd** gets her vote. "She is phenomenal. Not only does she have the speed and endurance, but she's got the leg power and quickness. And she's got the curves, which I think is actually feminine and actually really brilliant."

– with additional reporting by Sally Morris

▶ Hope Solo

Glamorous ladies ... and one Katie Price

1. Michelle Williams dazzled in Dior at the 49th annual New York Film Festival premiere of "My Week With Marilyn," in which she plays the cultural icon, on Sunday in New York City.

2. Dita Von Teese was seen taking a little shopping trip in a glam '50s-style coat yesterday in Paris.

3. Royalty alert! Heir apparent to the Spanish throne, Prince Felipe, and his wife, Princess Letizia, arrived at the La Granja de San Ildefonso Palace yesterday in Spain.

4. Joe Jonas sported a new short haircut at BBC Radio One yesterday in London. Those long, floppy hair days are (hopefully) over!

5. Hilary Duff arrived at John F. Kennedy Airport on Sunday with a barely noticeable baby bump.

6. Newlyweds Sir Paul McCartney and Nancy Shevell were seen leaving their house in post-matrimony bliss the day after their wedding on Monday in London.

7. Katie Price promoted her new Sky Living series "Signed By Katie Price" at The Worx yesterday in London.

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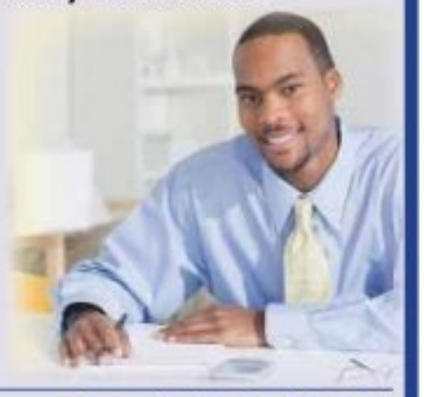

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Deschanel & Meriwether: TV's golden girls

Meet the women behind the hit Fox comedy 'New Girl'
Series creator was afraid she wouldn't find a lead 'as weird as I am'
Luckily, 'adorkable' Zooey Deschanel walked in the door

Jess, the titular "New Girl" in Fox's new hit comedy, is one of a kind — she offhandedly references "Lord of the Rings," constantly sings to herself and does this little "hubba hubba" thing with her glasses when she sees a cute guy. But bringing Jess to life took the work of two quirky kindred spirits: "New Girl" star Zooey Deschanel and series creator Liz Meriwether.

The women could be sisters. At a press event before the show's premiere, both dressed in a sophisticated-cool, "oh, I just found this at the vintage shop" style, and they exchanged rapid-fire compliments that equally excited and adorably embarrassed each other.

▶ Liz Meriwether

FOX BROADCASTING

"Liz and I are, like, connected. So when your souls are connected, you're meant to do a show together," Deschanel says.

"I didn't think I could, you know, find somebody that's as weird as I am," Meriwether interjects. "The first time that she came in [to audition], the second she opened her mouth, everybody was, like, 'This is a perfect match of character and actress.'"

"When I read it," Deschanel adds, not missing a beat, "I was like, 'I obviously need to play this part. This is me.' I mean, not actually me, but it is a part of me, a secret part. ... And if there's any character I want to play forever and ever and ever, it's this one. High five, Liz."

"Ah, I'm going to cry," Meriwether answers.

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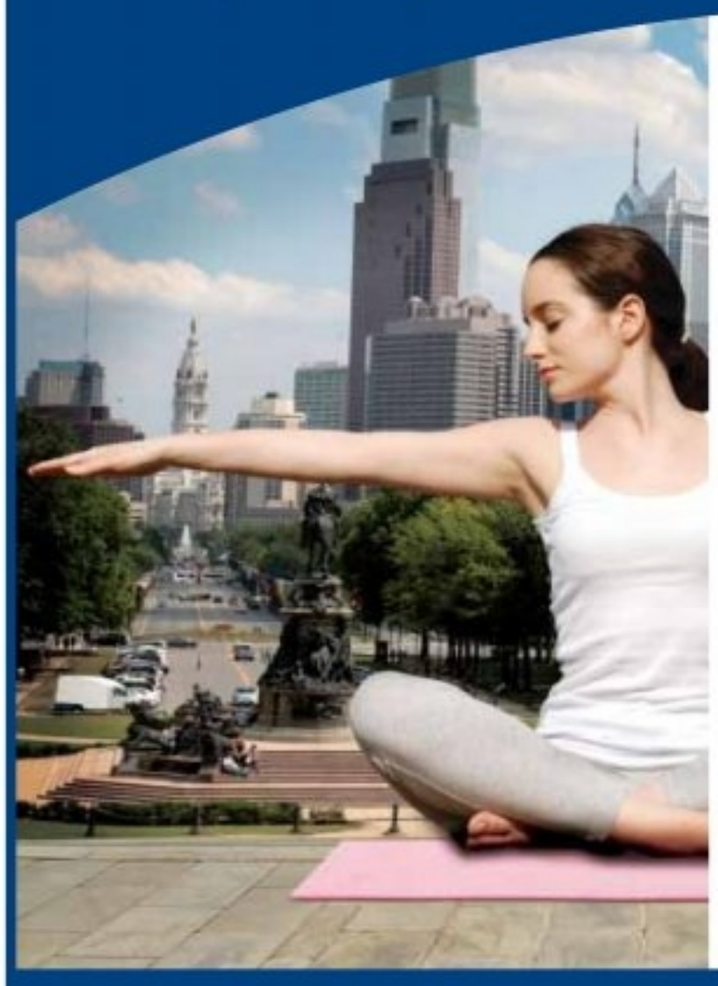

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▶ Zooey Deschanel stars as Jess in "New Girl," airing Tuesdays at 9 p.m. on Fox. Due to the MLB playoffs, this week's new episode will air tomorrow at 9:30 p.m.

With a song in her heart: Why Jess can't stop singing

Zooey Deschanel's other gig is as one half of the band She & Him (she sings and plays piano and ukulele). Music plays a big part in "New Girl" — the theme to "Dirty Dancing" is featured in the pilot episode, and Jess often breaks out into little ditties. But don't expect to see Jess auditioning for an "X Factor"-like show in an upcoming episode.

"Jess is not a singer because she … thinks she's, like, a great singer," Deschanel explains. "It's just part of how she expresses herself."

"She sings when she doesn't know what to say," series creator Liz Meriwether adds. "We kind of play with it, like she likes to sing in different styles depending upon her mood and the moment."

Examples? "Ethel Merman, a little jazz standard, a little heavy metal," Deschanel hints.

The plot

Zooey Deschanel plays Jess: a smart, goofy girl who moves in with three guys after a bad breakup. The men welcome their new roomie in a little sister kind of way, trying to help her tone down her dorky tendencies and get back in the dating game.

▶ "[Jess is] someone who expresses her emotions all the time … which I think is a really great contrast with the other characters, who are less in touch with their emotions," Deschanel says. "A lot of the comedy comes out of that juxtaposition."

AMBER RAY
amber.ray@metro.us

TV watch list

'Last Man Standing'

COMEDY. "What happened to men? We used to build cities just so we could burn them down," Tim Allen's "manly man" — a sporting goods store exec — grunts in a rallying cry to the Web. (He had been too busy fixing tires and fishing to figure out this Interwebs thing sooner.) After a 12-year hiatus, Allen is on a new sitcom not far removed from "Home Improvement." And while the jokes are insulting, Allen remains a likable pro. This simplistic curmudgeon may just have another hit on his hands. **Series premiere, 8 p.m., ABC**

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Beauty trend: Flawless skin

- Fresh, dewy skin sans tons of makeup was a major trend to emerge from the spring 2012 fashion shows
- New foundations help you fake the look that you drink eight glasses of water a day and get tons of sleep

The products

1. **Dolce & Gabbana Perfect Finish Creamy Foundation $66, www.saks.com**
Designers Dolce & Gabbana want you to look like you've been sunning in Sicily. Their new moisturizing formula comes in 15 shades and can go on semi-transparent or heavier for full coverage. Plus, it contains SPF 15.
2. **Giorgio Armani Designer Lift, $65, www.giorgioarmanibeauty.com**
Armani's new Designer Lift uses satiny and matte powders to hide imperfections, highlight cheekbones and play up your natural radiance. The new formula also has an instant lifting and firming effect, lasts for 12 hours and includes SPF 20.
3. **MAC Matchmaster SPF 15 Foundation, $32, www.maccosmetics.com**
Can't find the right color of foundation? MAC's new Matchmaster uses translucent pigments which adapt to each individual's face for a personalized finish. Bonus: The formula contains SPF 15 and line-reducing powders.
4. **Revlon Age Defying with DNA Advantage, $15, drug stores nationwide**
Revlon's foundation not only helps your skin look flawless, its anti-aging formula (Vitamin B3, West Indian cherry extract, SPF 20) keeps you looking younger, too.

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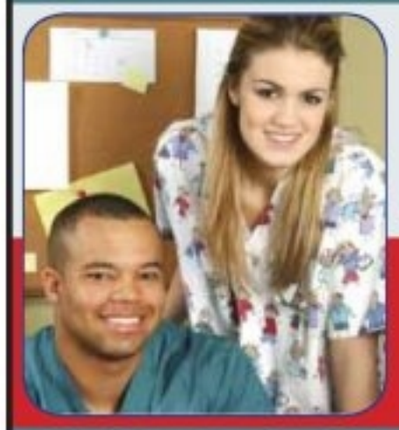
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DON PEDDLE

Putting Jim Lehrer in the hot seat

Presidential debates are often referred to as blood sport, but only once in his 11 turns as moderator did Jim Lehrer ever fear that one might actually get physical. That was the famous third Bush-Gore debate from 2000, when Gore suddenly started invading the future president's personal space.

"It looked like Gore was going to run right over him," Lehrer recalls. "I had a couple of beats of absolute panic. I didn't know what the hell I was gonna do — throw myself between these two guys?"

That's just one of Lehrer's "Major Moments," tide-turning events in the history of American presidential debates that the veteran "Newshour" host relates in his new book, "Tension City." Lehrer traces the evolution of the political face-offs from Kennedy-Nixon to Obama-McCain. The author himself has the best seat in the house for more of those debates than any other moderator in history.

Though he admits that he declared at least three of those debates to be his last, Lehrer now says he's "rock solid" on his retirement. "I've done my job for my profession and my country and now it's time for some others to do it," he says, though he admits he'll miss the gig. "It's exhilarating, it's hairy, it's scary. The potential for making a fool of yourself in a big way is there. But, I've never failed to feel touched by the fact that this was an important thing I was part of."

Reading

Jim Lehrer
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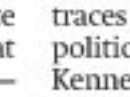

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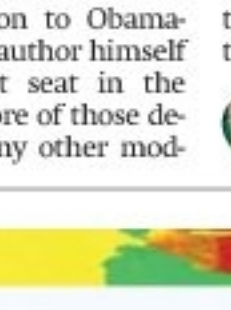

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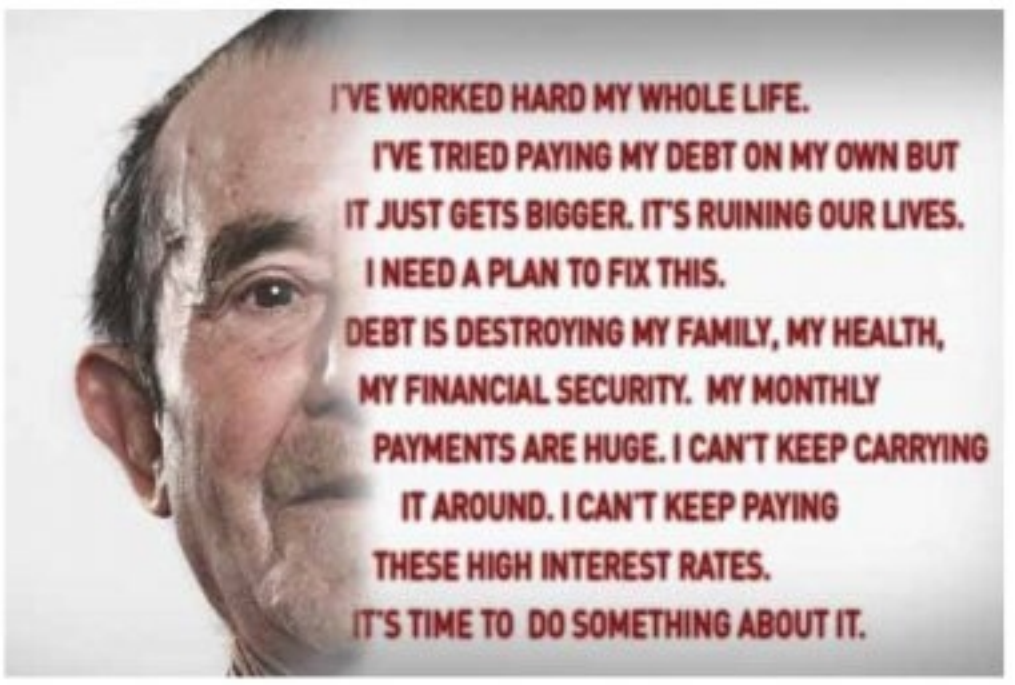
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Paging 'Dr. Ozzy'

Osbourne dispenses medical opinions with a metal attitude It may surprise you that the man known for 'Flying High Again' has a lot of down-to-earth advice See if you can identify the real licensed therapist

Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counseling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, "Trust Me, I'm Dr. Ozzy." He is rock 'n' roll's ultimate survivor, he reasons playfully upon being asked his credentials. The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice from one who has gone off the rails on a crazy train and lived to tell about it. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

Since Osbourne had been answering all these health-related questions for his book, we thought we'd pose a few that our resident therapist, columnist Jonathan Alpert, has answered recently. And we put them side-by-side to compare the advice. Surprisingly their answers are not too different.

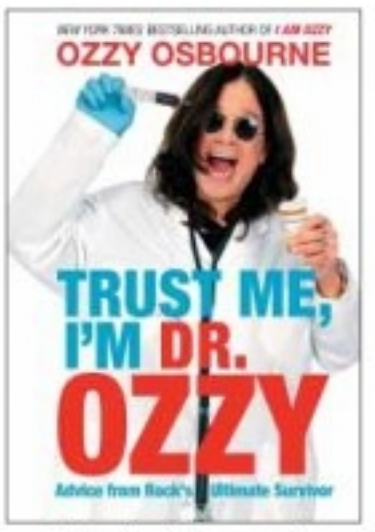
PAT HEALY
pat.healy@metro.us

The quiz

1. Is it normal that my cat is my best friend?
A) No. But if your cat is your best friend, great. He won't steal from you. He won't rip you off. He won't say bad things about you. He'll give you his undivided love and attention.
B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal. If, though, you just love your cat and find great comfort in her, that's fine.

2. When I'm driving over a bridge my heart races and I feel panicky. Am I crazy?
A) No, you're not crazy; you're fearful of bridges. Your racing heart and panic feeling is your body and mind's response to what it perceives as pending doom and danger.
B) No, you've probably got a fear of heights.

3. I sometimes fantasize about kissing people other than my husband. Is this normal?



A) Maybe she wants to have a little bit of excitement in her life.
B) Yes ... but if it continues and starts to distract you from your relationship, it's a problem. It might be symptomatic of larger problems in the relationship. If you call your husband by someone else's name, that's also a problem.

4. Is it normal that I forget people's names and often can't remember where I parked my car?
A) Yes, it's normal. If, though, it's happening more and more, then see your doctor. Make sure you're physically OK and you're getting all the nutrients you need. Stress can also lead to forgetfulness. Do your best to manage it and stay organized. When you meet someone repeat their name back to them. As for the car, take note of a landmark or a distinguishing feature nearby.
B) My short-term memory is terrible. I'll go, "I put my watch down here, where the f— did I put my watch?" Or if I'm holding something I'll go, "Where did I get this f—ing brush?" And I'm holding the f—ing thing. But mine is attributed to a couple of years ago when I had a motorcycle accident and I was in a f—ing bad state for a while. And ever since then it's gotten worse. ... I remember things that I did in the '70s and the '80s, but I can't remember last Thursday.

Answers: 1) A=Ozzy, B=Alpert
2) A=Alpert, B=Ozzy
3) A=Ozzy, B=Alpert
4) A=Alpert, B=Ozzy obviously

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HIGHER ED GUIDE

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TUESDAY
OCTOBER 11, 2011
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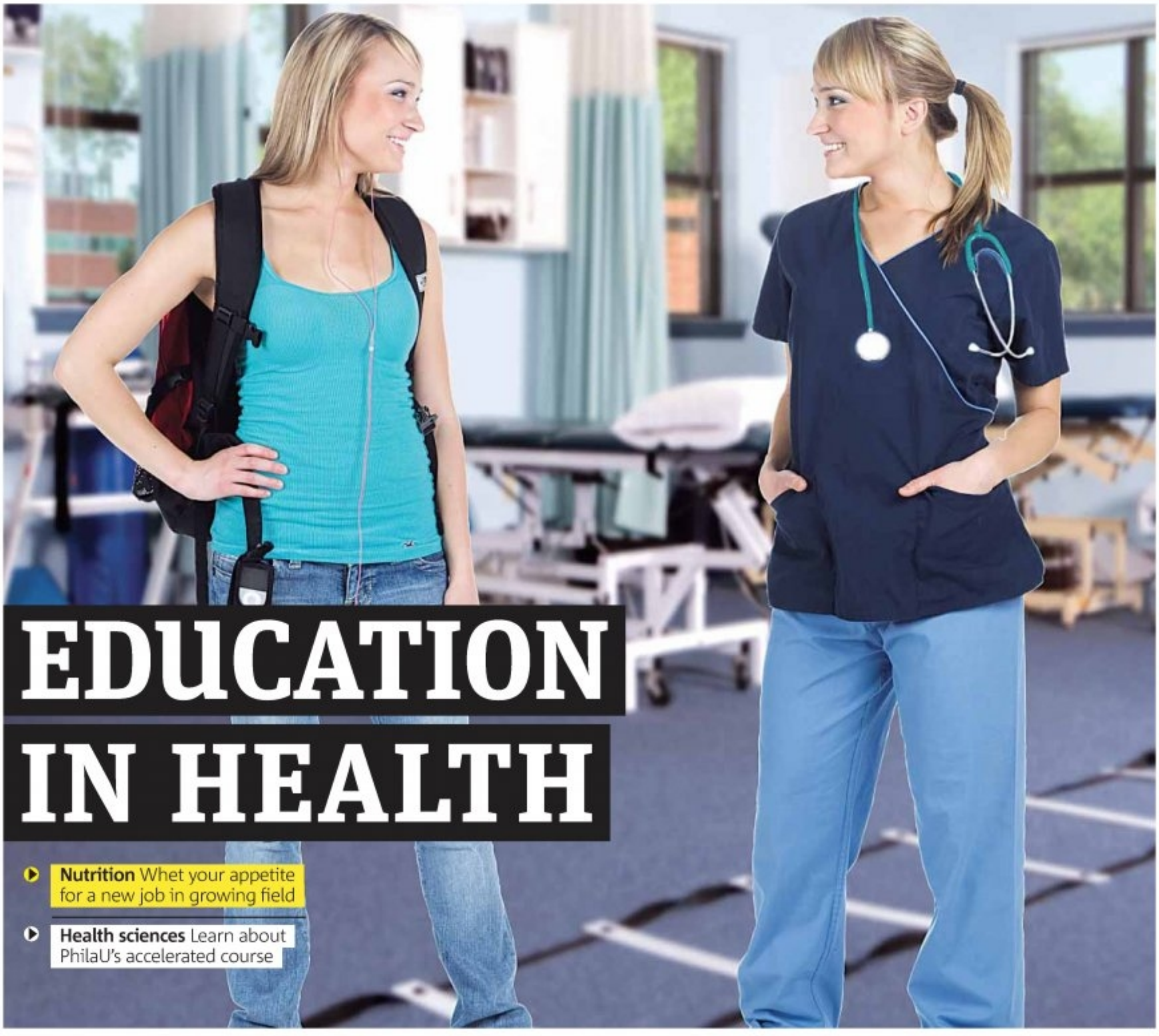

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forensics

This isn't crime TV — it's forensics science

Fascinating medical occupation isn't what cop shows would have you believe It's even more important and challenging than you think

Being a forensic scientist doesn't have much to do with what you see on TV.

"The first job with incoming students is to burst their bubble," says Bill Law, director of the forensic science program at the University of the Sciences. "Shows like CSI are good television, but nothing like working in the field."

To make sure it would provide training for real-world needs, USciences consulted with the FBI, CIA and Philadelphia Police Department. "They all said the same thing: We need people with rigorous training in specific sciences," Law said.

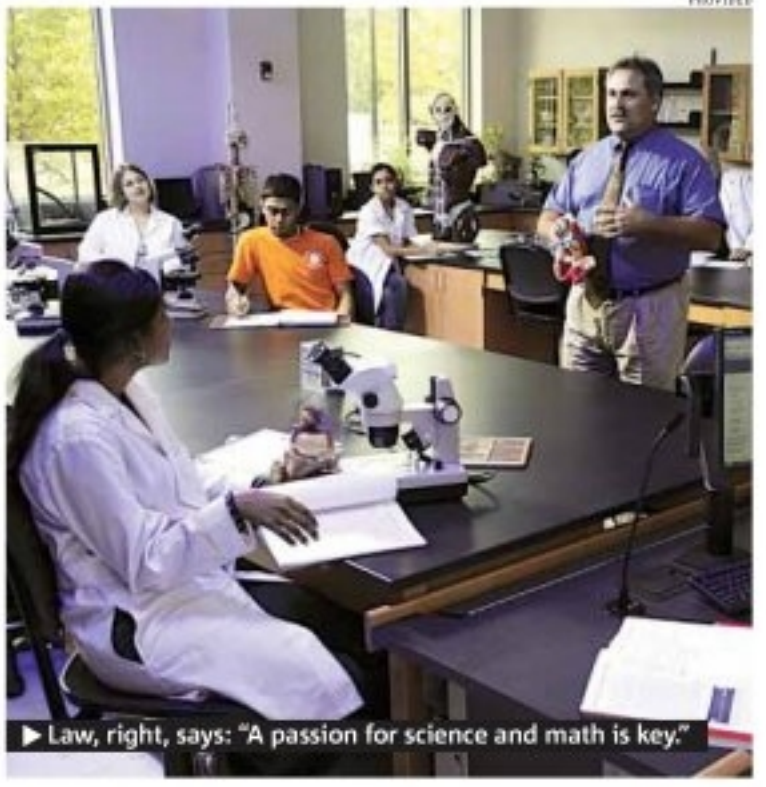
Quoted

"The first job with incoming students is to burst their bubble. Shows like CSI are good ... but nothing like working in the field." BILL LAW

USciences thus offers forensic training in biology, biochemistry, chemistry and pharmaceutical chemistry, environmental science, microbiology and medical laboratory science. "The students take the standard curriculum in those majors, but do additional studies and projects with a forensic bent," Law says.

Graduates work in a variety of settings in this rapidly growing field. In addition to law enforcement, forensic scientists work for agencies like Homeland Security and the EPA. Others work for private forensic labs that provide testing services to police departments.

Many graduates have satisfying careers with a Bachelor of Science, but some specialties do require an advanced degree. "Many of our students are pre-med or pre-dental," Law says. "They won't necessarily be doing forensic medicine full-time, but they do want to be able to participate."


▶ Law, right, says: "A passion for science and math is key."

JUDY WEIGHTMAN
letters@metro.us

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Field notes

What you need to succeed:

- "A passion for science and math is key," Law says. Students learn not only the core material of their fields, but the specifics of the forensic elements as well.
- In addition, "If you enjoy puzzles and figuring out how things work, this might be the right field for you," Law says. "You'll be putting together the pieces and putting things into a particular perspective."

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LASALLE UNIVERSITY
Never stop exploring

nutrition

Hungry for a good job?

LaSalle offers great opportunity to become a registered dietitian with special undergraduate program Half of all graduates eventually go after master's degree

One of the best things about a degree in nutrition is the wide array of career options it gives you, according to Jule Anne Henstenburg, director of the Bachelor of Science in Nutrition program at LaSalle University.

"In addition to working in health care settings like hospitals, our graduates work in public health jobs for government or nonprofit agencies; business careers with food or pharmaceutical companies; and education, counseling and journalism," she said.

LaSalle has the only undergraduate program in the region — and one of only 30 in the country — that prepares students to sit for the Registered Dietitian exam after completing a bachelor's degree. This preparation involves 1,200 hours in five internships during the senior year. Those not on the RD track usually take additional classes for a minor in business, education or psychology during their senior year.

"Depending on your career goals, a bachelor's can be enough for some jobs," Henstenburg says. "About half of our graduates stop there. The rest eventually get a master's, whether in nutrition or in a field like public health, business administration or professional communication."

▶ LaSalle University offers a unique undergraduate program for those interested in nutrition.

HEMERA

The LaSalle program is extremely popular with career changers. Many find that their interests in food, health and fitness come together in nutrition. "Not a week goes by that I don't get inquiries," Henstenburg says. She's delighted to have these adults in the program.

JUDY WEIGHTMAN
letters@metro.us

What you need to succeed

An aptitude for science: Dietitians study organic chemistry, physiology, microbiology and other fields in applied science.

Good communication skills: "Regardless of their specific fields, dietitians need to be able to translate nutrition information to the public," Henstenburg says. "Giving presentations is a big part of the job."

Convenient Programs in Health Care

The following programs are offered using either online or a combination of online and face-to-face instruction and feature flexible scheduling, experienced faculty and competitive tuition:

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The Bachelor of Science in Nursing (BSN). This program allows registered nurses to augment their knowledge base thus enhancing their career and, with six graduate credits included in the curriculum, acts as a stepping stone for the nurse who wishes to pursue a Master of Science in Nursing degree.

• **School Nursing Certification**
The School Nursing Certification program at Rowan University preparesRN licensed nurses who hold a bachelor's degree to assume a multifacetedrole that supports the physical, mental, emotional and social health of students and their success in the learning process.

• **M.A. in Wellness & Lifestyle Management**
The M.A. in Wellness and Lifestyle Management is designed to prepare graduates to develop and implement wellness and lifestyle change programs in community, hospital, corporate, and school settings.

For more information about these programs or to attend a Fall Information Session visit rowanonline.com/Health or call 856-256-4747.
www.rowanonline.com/register or call 856-256-4747

Rowan University
College of Graduate & Continuing Education

health sciences

PhilaU's degree a healthy choice

Accelerated degrees in Bachelor of Science in Health Sciences gives adults returning to school career options

Adults returning to school are often doing it for career reasons: They either need a degree to advance in — or keep — their current job, or they want to change fields. The accelerated degree program at Philadelphia University is designed to help with either goal.

"Our Bachelor of Science in Health Sciences is perfect for someone already working in emergency services — like a paramedic, who already has a certificate or associate's degree, but who wants to get into more of a leadership role," says Frank Congdon, executive director of continuing and professional studies at Philadelphia University.

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"We can also help someone who wants to switch careers, but they don't have the right bachelor's degree to get into the master's program they need. They could use the health sciences degree to get the prerequisites they need to apply for occupational therapy school, for instance," he says.

The program is for adults at least 23 years old who already have 60 college credits with a C average or better, but they will accept candidates with as few as 30 credits in some cases. The university offers five eight-week terms per year, with classes meeting weekday evenings and some Saturdays. Although some classes have an online component, they're mostly in-person.

"With no more than 24 people in a class, students appreciate the individual attention," Congdon says.

JUDY WEIGHTMAN
letters@metro.us

▶ Want to be the leader of the pack?

Have dreams of running a hospital?

PhilaU also offers a B.S. in Heath Services Management for health care practitioners who want to move into hospital administration. Other students may want to switch from the clinical side to the business side.

For instance, a person with an associate's degree in surgical assisting might want to get a job selling equipment to hospitals.

"The degree prepares people to work in the various industries that serve the health care profession," Congdon adds.

JUDY WEIGHTMAN

DISCOVER

a career in healthcare and science.

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Saturday, Nov. 12, 2011, 10am–3pm
Sunday, Dec. 4, 2011, 10am–3pm

Open Houses will include:
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Academic Sessions
Campus Tour
Lunch
Admission Presentation
Financial Aid Presentation

Graduate Open House
Wednesday, Nov. 16, 2011, 5–8pm

Open House will include:
Welcome Reception
Graduate Admission Presentation
Academic Sessions

Questions?
Contact our admission office at 215.596.8810.

medical assistant

Medical assistants in great demand

US Dept. of Labor projects 34 percent increase through 2018 Montgomery County Community College offers 34-credit program to get into still-expanding field

BRAND X PICTURES

Demand is still on the rise for those who can hold a stethoscope.

The demand for medical assistants is high and rising: The U.S. Bureau of Labor Statistics has projected a 34 increase in the number of jobs between 2008 and 2018.

Montgomery County Community College offers a 34-credit medical assistant program that can be completed in one year of full-time study. Graduates are ready to sit for national certification exams — with a 100 percent pass rate last year.

"The program covers both academic learning and skills-based training," explains Kathleen Schreiner, director of medical office professions at MC3. Students first learn skills like drawing blood, giving injections and administering EKGs in the state-of-the-art simulation labs on campus, then hone them in externships.

"I've seen students from all walks of life become valuable members of the health profession." SCHREINER

Graduates can get jobs in physician offices and hospitals (especially emergency rooms), and in fields like occupational health and oncology. "The program opens the door to many careers," Schreiner says.

Since about half of the MC3 program's graduates pursue additional training — associate's, bachelor's and master's degrees — education is "career-ladder stackable," according to Schreiner. "Our partner schools recognize the credits for degrees in medical field is always changing, and there are always new discoveries and developments," Schreiner says.

You also need to be a people person. "You're the face of the practice, the first person patients talk to," Schreiner says. Good communication skills and a professional demeanor are essential.

services management."

The program is equally popular with recent high school graduates and career changers. "I've seen students from all walks of life become valuable members of the health profession," Schreiner says. "It's wonderful to see people so excited about learning."

What you need to succeed

All medical professionals, medical assistants included, need to love science. You also need to be committed to lifelong learning. "The

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career education

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Letters

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Critics missing protest's point

RE: "PROS AND CONS OF THE PROTEST": The recent criticism of Occupy Wall Street from Republican candidates has been nothing but laughable, given they all self-identify with the "1 percent" who landed the country in the current economic mess that prompted these protests. It's inevitable they'll condemn those demanding economic justice, given how much they themselves have to lose; this is all the reason needed to eject them from power.

JOSEPH CONNELL, VIA E-MAIL

Herman Cain and Republicans miss the point. The Occupy Wall Street movement does not wish to "be given a Cadillac"; they want a fair shot at earning that Cadillac. Right now the working class is being buried by stagnant wages, outsourced jobs and accelerating costs. The wealthy, ever since Reagan, have seen tax rates fall from 70 percent to 35 percent and the Cap Gains Tax from 39.6 percent to 15 percent. Big business, after creating the financial collapse, got bailed out. Do individuals get that opportunity?

DAVID DIBELLO, VIA E-MAIL

A network in its adolescence

RE: "FOX TURNS 15": Like every rich 15-year-old, Fox is arrogant, has a sense of entitlement, rarely tells the truth and bullies anyone or anything to get its way.

RON CLAPHAM, VIA E-MAIL

How to really fight the fight

Want to protest Wall Street? I suggest this plan: 1) Don't use ATMs that collect fees; 2) Do not use credit cards; 3) Buy only American. This will hit the corporations where it hurts. If we as Americans banded together and collectively followed these suggestions, our power could peacefully make the changes we wish for.

PATTIE SPUMA, VIA E-MAIL

Politics can be bought easily

RE: "PRESIDENTIAL DOG DAYS": I'm writing to strongly disagree with Tom Foreman's assertion that Obama is not the underdog in the 2012 election. Thanks to that insane "Citizens United" Supreme Court decision, the Republican attack machine can dump unlimited money into vicious attack ads one day and disappear the next. Republicans like the Koch brothers have literally billions of dollars to throw around.

PAUL SIMONS, PHILADELPHIA

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♎ Libra **Sept. 23-Oct. 23.** There is a good chance that neither you nor your mate will be using your best judgment today. Put off making any major decisions until you have plenty of time to think.

♏ Scorpio **Oct. 24-Nov. 22.** Use both self-discipline and common sense when it comes to anything that has to do with health matters. You know what you shouldn't be doing.

♐ Sagittarius **Nov. 23-Dec. 21.** Don't allow yourself to be caught in the middle of a situation where a friend is trying to use you as a pawn in his or her political maneuvers.

♑ Capricorn **Dec. 22-Jan. 19.** Be on guard when on the job, because there is a good chance someone will attempt to take credit for your accomplishments and the good work you're doing.

♒ Aquarius **Jan. 20-Feb. 19.** Don't be caught off guard by someone playing a game of one-upmanship. If this individual catches you napping, he or she will make sure you come out second-best.

♓ Pisces **Feb. 20-March 20.** Be exceptionally diligent about your financial affairs, especially if you're involved in a joint endeavor. If she or he misfires, it could cost you plenty.

♈ Aries **March 21-April 19.** If it seems like everybody you know disagrees with your point of view or way of doing something, it's time to review your thinking. You could be afflicted with tunnel vision.

♉ Taurus **April 20-May 20.** Be cooperative and do your part, but don't be a doormat for anybody who tries to palm off his or her chores onto you. Let that person fend for himself.

♊ Gemini **May 21-June 20.** You shouldn't need to wager in order to make a competitive sport or activity more exciting. In fact, it can work against you if you place more attention on it than on the enjoyment of the events at hand.

♋ Cancer **June 21-July 22.** Life is tough enough without adding self-imposed penalties on what you're attempting to do. Instead of taking the line of least resistance, you might do everything the hard way.

♌ Leo **July 23-Aug. 22.** If you and the party you're addressing are each interested only in your own thinking, you'll never hear a word of what the other is saying.

♍ Virgo **Aug. 23-Sept. 22.** Don't act impulsively on a business proposal that is being offered you without first examining it thoroughly. It could be better for the other guy than for you. **BERNICE BEDE OSOL**

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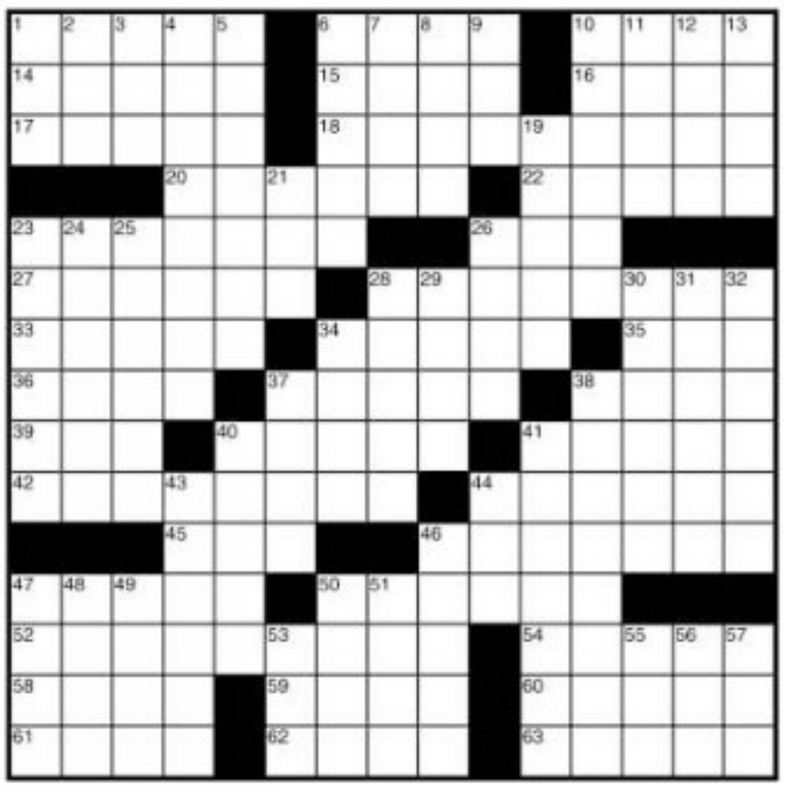
Across
1 Sweet liqueur
6 Clean off
10 Ducklike bird
14 DNA structure
15 Busy loafing
16 Middies' sch.
17 Are around
18 Outdated, plus
20 Druid or shaman
22 Groovy
23 Lacking a goal
26 Alternative to a subway
27 Girders (hyph.)
28 Early mystics
33 Tint again
34 Investigate
35 Drum, as fingers
36 Lingerie buys
37 Breezy greetings
38 Wynter or Andrews
39 Catch a bug
40 Dull sound
41 Historical memento
42 Fuel suppliers (2 wds.)
44 An antiseptic
45 Pizarro's quest
46 Lured
47 Speak pompously
50 Fine brandy
52 Distance measure (2 wds.)
54 Not allowed
58 Kassel's river
59 Actress __ Sommer
60 Piano practice piece
61 Bones, in anatomy
62 Kind of prof.
63 Impede

Down
1 Ernesto Guevara
2 Breed of cat
3 Yale athlete
4 Reneges
5 Drastic
6 Cellar contents
7 Dangerous March date
8 Flower bed
9 Underwater shocker
10 Most appealing
11 Job-safety org.
12 Sleep __ __
13 Tex-Mex snack
19 Taken (2 wds.)
21 Shuttle destination
23 Auto restraint (2 wds.)
24 Michener novel
25 Citations
26 Floats like a cork
28 Gramps' mates
29 Alcove
30 Slanted print
31 Eyetooth
32 Left a blank
34 Subatomic particle
37 Muse of history
38 Set aside for some purpose
40 Insert mark
41 Turned on an axis
43 Godzilla foe
44 Rustic lodging
46 Leggy bird
47 Bogus butter
48 Disposes of
49 Ripens, as cheese
50 Cartoon frames
51 Acorn droppers
53 Fan's shout
55 Except
56 Keats opus
57 Above, to a bard



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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

T	R	A	I	N		E	V	E	S		C	H	A	T
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H	M	O	S		M	U	S	H	R	O	O	M	E	D
R	O	W	S		I	S	L	E		P	L	E	A	D
U	R	S	A		T	H	O	R		S	E	E	D	Y

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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exotic getaways

The Serai Jaisalmer, India

This luxury 21-tent camp in the Great Thar Desert, just outside the medieval fortress town of Jaisalmer, boasts its own spa. The entry-level tented suites, set up on a base of local stone, have their own lounge area, bedroom, bathroom and outside deck. They share a swimming pool, al fresco bar, library tent and a dining tent where guests can dine on dishes using produce from the camp's organic vegetable and herb garden. Meanwhile, the Luxury Tented suites have private walled gardens and pools, and the Royal Suite boasts a private spa, pool and separate dining and lounge tents. Guests can take a camel trek across the desert, visit the fabled desert kingdom of Jaisalmer or venture to the Mulana Dunes, which are for guests only.

www.transindus.com

Top sites

A new generation of campers are accommodations The locations are challenging These campsites offer

Once upon a time, camping involved either shivering in a sleeping bag or sweating under a tent. But a new, luxury camping trend has guests sleeping under all sorts of exotic roofs, including Mongolian-style yurts, safari tents, dramatic Bedouin tents, straw banda and even Native-American wigwams. The market for posh camping is booming; not only has the number of sites increased, but sites have become more extreme in terms of location and luxuries available. Here are the top six sites for luxury camping:

Longitude 131, Australian Outback

What could be more romantic than waking up in the wilderness of the outback to watch the sun rise over Uluru (Ayers Rock)? Guests at any one of these cabins with tented roofs don't even have to get out of bed to marvel at this dawn spectacle. All they have to do is flick a switch and the blinds will rise.

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the first camp pitched at the end of a dramatic valley in New Zealand's Southern Alps, and it's only accessible by helicopter. Despite its remote location, the level of luxury here is outrageous: Each tent is fully carpeted with sheepskin and has a deck with a hot-tub. Guests can unwind in the shared Mountain Kitchen, complete with a library, dining room and open fires.
www.seasons.co.uk

Kinnikinnick Farm, Illinois

Camping here is less tent, more cabin; but still, the experience gets you back to nature, like a return to "Little House on the Prairie." The tents are set on a working organic farm in the middle of rural Boone County, Ill., just 85 miles northwest of Chicago. There's an emphasis on leaving the modern world behind and enjoying the countryside, with farmyard animals for the kids to meet and long slow-food dinners made with farm-fresh produce. A new camp near San Francisco is set to open in 2012.

EMMA E. FORREST
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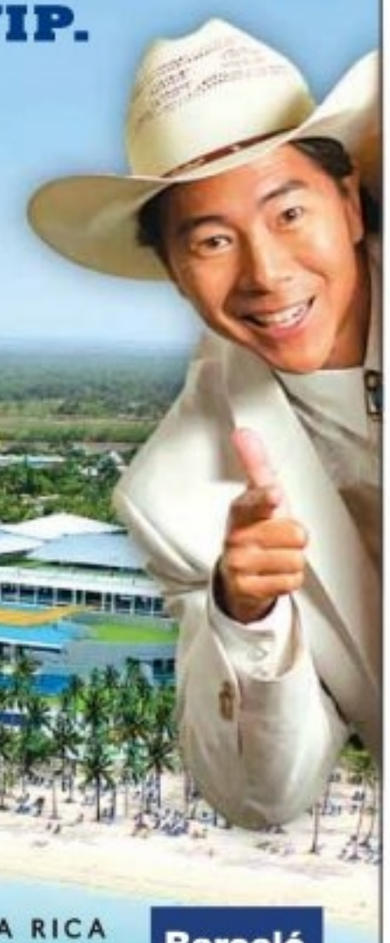

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Opinion

ANGELO CATALDI

THE VOICE OF THE PHILLY SPORTS FAN

PHILS FOREVER TARNISHED BY EPIC COLLAPSE

The crowd was clamoring for a miracle as Ryan Howard took one last mighty cut and then stumbled down the first-base line before landing in agony. I was in section 214 as the feeble groundball became the final out.

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Ryan Howard was seriously hurt. Nobody cared. Has there ever been a clearer snapshot of the fleeting nature of fame than that moment last Friday night?

Howard was the hero of Game 1 of the division series, he was the poster boy for a half-decade of unprecedented success by the Phillies, and nobody gave a damn — including me — as he endured a pain deeper than any in his remarkable career.

As I drove home in silence after the worst loss in Phillies history, the word was already circulating that Howard had ruptured an Achilles tendon in his left foot, raising doubts about his immediate future in baseball. Even then, I felt no great sympathy for the big slugger, and neither did any of the fans who called my radio show.

With the wounds still throbbing after the defeat of the best Phillies team ever, it's hard to draw any sweeping conclusions about how we will feel about this era and these players months or years from now. But I have a suspicion that things will never be the same, that the harsh glare of this historic loss will change the way we see many of these heroes.

For example, will Charlie Manuel seem as charming and lovable now that he failed to win with this amazing team? Who deserves more blame for the failure of the offense than the manager, whose specialty is hitting? Is one title in seven seasons with the best talent in Phillies history good enough?

And what about Cliff Lee, who blew a 4-0 lead in Game 2 and changed the direction of the series? His love affair with Philadelphia may not have ended that night, but will it ever be so passionate again? Will he be embraced the same way after that shocking collapse?

Quoted

Is one title in seven seasons with the best talent in Phils history good enough?

There are questions at every locker now. Will Roy Halladay still be a brilliant next year, at 35? Will Chase Utley ever be the player he was just a few years ago? Is this the end for the hero of 2008, Brad Lidge? Will Jimmy Rollins ever play another game for the Phillies? Should he?

All of these questions can be answered only by the passage of time, but the one moment in 2011 frozen forever is Ryan Howard on the ground, in horrible pain, and 46,530 people leaving the ballpark in silence. Many of them never even looked back. I know I didn't.

Baseball can be a very cold sport, and this promises to be an especially frigid winter for all of us.

*– **Angelo Cataldi** is the host of 610 WIP's Morning Show, which airs weekdays 5:30 a.m. to 10 a.m.*

Why is Castillo still here?

Juan Castillo must be removed as defensive coordinator immediately.

Every aspect of this overpaid, underachieving defense is broken — shattered — and it will remain that way until someone who knows what he's doing is running it.

What happened Sunday in Buffalo was not at all surprising — a 31-24 loss to another inferior opponent — but it was infuriating just the same. Every member of the defense, including Nnamdi Asomugha, has forgotten how to tackle. Every running back looks like Walter Payton.

GETTY IMAGES

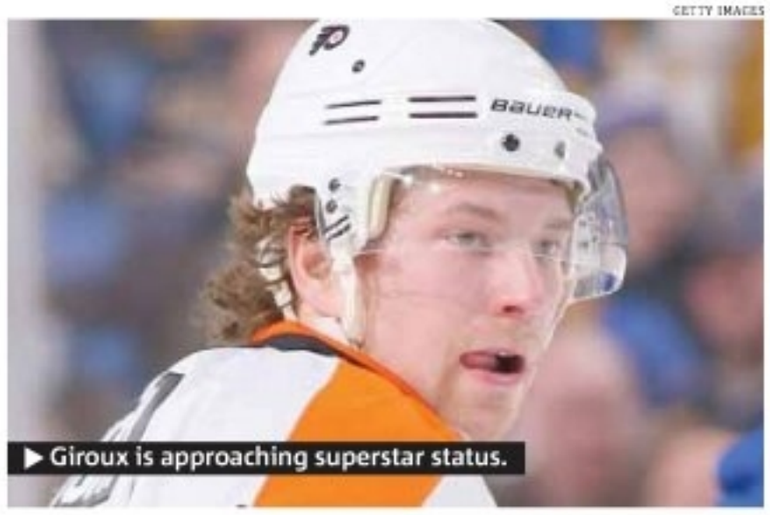
▶ Castillo

The one moment that best captured the current state of the defense came on the last meaningful play of the game, when Juqua Parker jumped offside on a fourth-down fake snap that wouldn't fool a Pop Warner player. This Eagles defense isn't just inept, it's dumb.

And all of its shortcomings point directly at Castillo, who was, is and always will be nothing more than an offensive-line coach. Yes, the Eagles turned the ball over five times, they screwed up the time management at the end of the half again, they committed stupid penalties and they appeared lost and disinterested until their fierce and futile rally.

But the only thing that matters is that Buffalo scored 31 points, after 24 by San Francisco, 29 by the Giants and 35 by Atlanta. Those are the numbers of a losing team, a lost team. Juan Castillo must go.

GETTY IMAGES



▶ Giroux is approaching superstar status.

Flyers: Best team in town

On the trek out of Citizens Bank Park after the crushing Game 5 loss, the somber fans tried to start a "Let's Go Flyers" chant. They were just as futile in that effort as the Phillies had been at the plate.

In the months ahead, we can expect those chants to grow as loud and strong as the team they represent. In the new rankings, the Flyers present the best hope for our next championship, and they did nothing in the first week of the season to discourage that optimism.

What was so appealing about the Flyers in their first two games was the freshness of their boldly reshaped roster. Ilya Bryzgalov has already posted one more shutout than the goalie carousel did in the entire regular season last year. Claude Giroux is approaching superstar status, James van Riemsdyk is maturing quickly and the new additions are providing speed and depth.

Equally important is the absence of the two overrated and overpaid stars, Mike Richards and Jeff Carter. Is there a single, sober fan who believes the Flyers were better off with the dour Richards as captain rather than the feisty Chris Pronger? With Pronger, the Flyers will not fade the way they did last season.

The Flyers are the best team in Philly, and — as predicted on these pages — they will prove it by winning the Cup.

Idle thoughts from Cataldi ...

1 Front office secure. There's only one member of the Phillies I refuse to rip after the NLDS debacle: Ruben Amaro. Not only did the GM deliver the best pitching rotation in team history, he also got Hunter Pence before the trade deadline. Amaro did his job. The players and manager did not. End of story.

2 Time to start cleaning house. Now that Roy Oswalt has made it clear he wants to come back next season, the Phils need to exercise his option and then trade him. The Phils have a better No. 4 starter, Vance Worley, and they can find a much better way to use the $16 million owed to Oswalt in 2012.

3 Stop saying it, and just do it already! Andy Reid said for the fourth straight week that he had to do a better job after losing again on Sunday. Just as an experiment, try telling that to your boss for four straight weeks. Then let me know if you get a chance for a fifth straight week.

Are Eagles players still listening to Big Red?

Reid insists he hasn't lost 1-4 team ◗ Castillo in charge of defense, but benchings may come this week ◗ Struggling Birds going through process

GETTY IMAGES

▶ Mike Vick threw four interceptions in Buffalo.

It's back to fundamentals this week for the Eagles.

Despite four straight losses — and a league-worst minus-10 turnover ratio — Andy Reid isn't giving up on the season. And the coach insists that the team hasn't given up on him.

"I think that the players are listening," Reid said. "We've just got to continue to work our fundamentals and do the right things in practice, practice fast, and so on. Do the things that we've always done."

The Eagles came into the 2011 campaign with unprecedented hype.

Now, sitting at just 1-4, people are calling for jobs and personnel shakeups following some very sloppy performances.

Reid said Juan Castillo is still his defensive coordinator, but he didn't rule out any benchings this week.

"Well, I don't know that. We'll just have to see," Reid said.

The coach also pointed out some positives from Sunday's 31-24 loss to the Buffalo Bills. Remember, the Eagles' defense pitched a fourth-quarter shutout, while the offense nearly rallied from a 21-point deficit.

"I thought the effort was good. I thought as the game went on we continued to get better in most phases of the game," Reid said. "There are some good things we can take out of this game."

Several Eagles players polled believe there is still time to turn it around and save the season. But how exactly does a struggling team do that?

"With a win," said Juqua Parker.

"Do they want to win a game? Yeah, absolutely, the players want to win a game. So do the coaches and everybody else. But there's a certain process you go through, and you go through it."
ANDY REID

On TV Sunday

Eagles (1-4) at Redskins (3-1), 1 p.m. (FOX)

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Howard's long journey back

'As Jimmy goes, so goes the Phillies,' is the familiar refrain uttered by Charlie Manuel. However, the same could be said for Ryan Howard.

The Big Piece is arguably the most integral part of the lineup. Howard, a historic run producer, has averaged 45 home runs and 136 RBIs since his 2005 Rookie of the Year season.

You just can't replace that kind of production, but the Phillies might have to do something since Howard's future is uncertain since he ruptured his left Achilles tendon by grounding out to end a disappointing NLDS.

"It sucks," said Howard, when describing how it felt to end the season in such a horrific manner.

Howard has always been a stand-up guy, but it was mildly surprising that he dealt with the media after a nightmarish loss and injury.

"You want to be on the other side of it," Howard said of the NLDS series. "But we came up short. The only thing we do is focus on next year and for me that means getting healthy."

Howard's massive five-year, $125 million contract kicks in next year. Fans can bet that the proud slugging first baseman will do all that he can to come back strong.

"I'm going to do all that I can to come back as soon as possible," Howard said. "We'll see how it goes."

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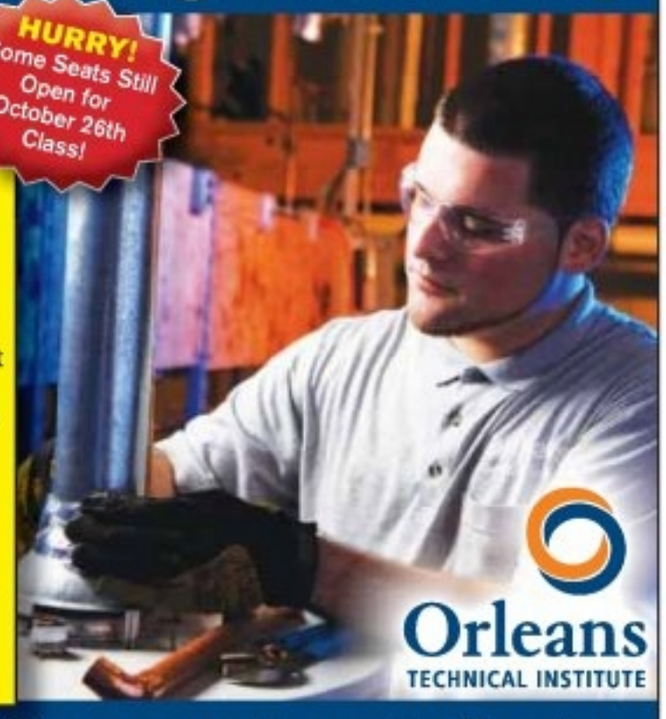

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Big East expansion?

Conference open to adding six football schools ◗ Villanova, Temple reportedly in mix for spots ◗ Will West Virginia, Louisville go to Big 12?

Feeling the pressure as teams leave for other conferences, the Big East is open to adding six more football-playing schools.

"On a teleconference earlier [Monday], our presidents and chancellors authorized the Big East Conference to engage in formal discussions with additional institutions and are considering moving to a model that includes 12 football playing schools," Big East commissioner John Marinatto said in a statement.

The conference has eight football teams (Rutgers, West Virginia, Pittsburgh, Cincinnati, Louisville, South Florida, Syracuse, Connecticut) this season, but that number will shrink to six next year, when Syracuse and Pittsburgh bolt for the ACC. TCU, which had been scheduled to join the Big East next year, has decided to join the Big 12 instead.

Temple and Villanova are both reportedly in the mix for spots in an expanded Big East. The Wildcats would have to change their Football Championship Subdivision affiliation.

Of course, everything is contingent on the conference keeping the six schools already in the fold. Louisville and West Virginia are looking to possibly join the Big 12. METRO

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▶ Cruz

Texas wins, via walkoff grand slam

Nelson Cruz's grand slam in extra innings yesterday gave Texas a 2-0 series lead on Detroit in the ALCS.

Cruz was a dual hero for the Rangers. In the seventh inning, he homered to tie the game at 3-3, then he provided the game-winning grand slam in the 11th off Tigers reliever Ryan Perry (0-1). Mike Adams (1-0) was credited with the win for Texas.

The ALCS shifts to Detroit today (FOX, 8:05 p.m.). The Rangers won Game 1 by a score of 3-2. METRO

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Perelman School of Medicine University of Pennsylvania

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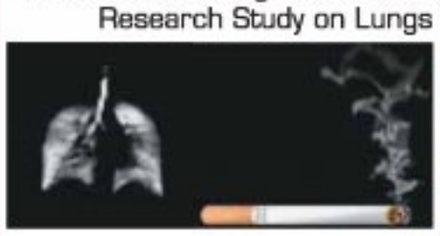

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Temple Lung Center

This information is approved by Temple University for public display and is associated with project 12311.

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